MAKE YOUR VOICE HEARD
AT THE MUNICIPAL ELECTION ALL-CANDIDATES FORUM
Tuesday
SEPTEMBER 25, 2012
7:00 - 9:00 PM
Regina Christian School – 2505 23rd Ave
(at Albert St., in gymnasium)

RIDERS TAKE CHARGE AGAINST STAMPS

SASKATCHEWAN'S STINGY DEFENCE COOLS DOWN CALGARY IN 30-25 VICTORY PAGE 18

REGINA metro®
Monday, September 24, 2012
News worth sharing.
metronews.ca | twitter.com/metroregina | facebook.com/metroregina

Getting revved up for football

Party in the parking lot: Riders fans share why tailgating is an essential part of their game experience PAGE 2

Four accused of murder in 2011 death

Police have announced charges of second-degree murder in the death of a man found clinging to ice in Sandy Lake PAGE 2

A soup-er alternative

Don't feel like chicken tonight? Try smoked trout noodle soup instead PAGE 10

'VEEP' IS NO. 1 WITH EMMY VOTERS

Julia Louis-Dreyfus, of the HBO show Veep, poses backstage with her award for outstanding lead actress in a comedy series at the 64th Primetime Emmy Awards at the Nokia Theatre in Los Angeles, Sunday. To see who dazzled on the red carpet, go to page 7. JORDAN STRAUSS/INVISION/THE ASSOCIATED PRESS

ASTIGMATISM?
LASIK corrects astigmatism more effectively than glasses or contact lenses.
LASIK MD VISION
LASIK starting at $490/eye*
FREE Consultation: 1-855-785-2020
lasikmd.com/astigmatism
* Prices are subject to change without prior notice and vary based on prescription strength. Applicable to surgery on both eyes only. Other conditions may apply.

NEWS 1

Paint the town Grey

Grey Cup making whistle stops in Saskatchewan

The Grey Cup is coming to Saskatchewan, though perhaps not under the circumstances the Roughriders and their fans would like.

The CFL's most coveted prize is on a cross-Canada rail tour and will stop in Swift Current on Sept. 26, Moose Jaw on Sept. 27, Regina from Sept. 28 to 30, Saskatoon on Oct. 1 and Yorkton on Oct. 2.

The Grey Cup will be at Mosaic Stadium on Sept. 30 for a fan celebration. CFL disciples can expect to see the Rider cheerleaders, pep band and Gainer. There will also be opportunities for fans to get their photo taken with the trophy.

For more, go to greycuptour.ca.

METRO

Forum

Meet your mayoral and ward candidates at public debate

Candidates in this year's civic election are invited to a public forum on Tuesday.

Hosted by several community organizations, including Friends of the Regina Public Library and the Regina Citizens Public Transit Coalition, the event runs from 7 to 9 p.m. at the Regina Christian School.

The first half of the evening will see the mayoral candidates field questions from the public, while the second half will be a meet and greet for all Regina mayor and ward candidates.

The Regina Christian School is at 2505 23rd Ave.

The civic election is on Oct. 24.

For more information, go to regina.ca/residents/elections.

METRO

Literary scene

Authors reading in Queen City

A trio of authors will read from their work on Wednesday at the Artesian. David Elias will read from his novella Henry's Game; Allan Safarik will read poetry from his collection Famous Roadkill; and Bridget Keating will read from Red Ceiling, her first book of poetry. The reading starts at 7:30 p.m. The Artesian is at the corner of 13th Ave. and Angus. METRO

Just call us tailgate nation

Riders tribe. Whether up in the stands or out in the parking lot, these are the kind of diehard fans every team dreams of having

JEFF MACKEY
jeff.mackey@metronews.ca

At noon on Sunday, while the Roughriders were preparing for their big match against the Stampeders, legions of Riders fans were conducting their own pre-game ritual — tailgating.

For many, a tailgate party is as much a part of football as touchdown celebrations or oversized foam No. 1 hands — a sideshow to the main event, but vital to the game's atmosphere.

"I just don't think it would be as much fun (without tailgating)," said Diane Mittelholtz, who has been going to Riders games and tailgates for 32 years.

"When we went to the Grey Cup in Edmonton, it wasn't the same. We just kind of went from the hotel room to the stadium without anything in between," she said.

While many go to the pre-game barbecue hosted by the Riders on the practice field in front of Mosaic, some tailgate diehards still crack out their own barbecues and boom boxes behind trucks and motor homes in the parking lot.

More than a game

"When we went to the Grey Cup in Edmonton, it wasn't the same. We just kind of went from the hotel room to the stadium without anything in between."

Riders fan Diane Mittelholtz on football with no tailgate party

"It is all part of the game experience. You show up at noon and beat the traffic, and then we are home by six, maybe," Randy Zerr said as he flipped burgers in front of the '83 Empress motor home he calls "the Babe Magnet."

"We are dedicated. We are the ones out here early and we want to get the full game," he said.

But do tailgaters outside make for better fans inside the stadium?

"Yeah, we make great fans." Zerr said. "We spend so much time talking and getting revved up about football, how can't we be?"

Randy Zerr, left, and Bruce Kush cook up a feast outside Mosaic Stadium on Sunday before the Riders defeated the Stamps. JEFF MACKEY/METRO

Tailgate guys

"I've been coming out before the game since I was a kid, and like this (points to Mexican wrestler costume) for two years. Every time I'm dressed up, we win."
Leon Prescesky

"Our best rivalry is with Winnipeg and it is a non-violent rivalry, probably the best one in the league. We are crazy, they are crazy and it's just great."
Brian Patmore

"We get dressed up for every game. I've been a Riders fan for my whole life, and a season-ticket holder for seven or eight years, and in that time we've missed three games."
Jonathan Lake

New evidence leads to four murder charges

Police have charged four people with second-degree murder in the 2011 death of Christian Bird. CARRIE-MAY SIGGINS/METRO

Four people are facing charges of second-degree murder in a man's death last year.

Cpl. Rob King of the RCMP said three youths and one adult man, Dannie Justin Knife, 19, of Prince Albert, have been charged with the murder of Christian Bird of the Ahtahkakoop First Nation.

Bird, 27, was found floating in Sandy Lake clutching a piece of ice on May 1, 2011. He was pronounced dead after being pulled to shore by emergency workers.

Investigation

"Our members were out on Ahtahkakoop speaking to people and getting further information."

RCMP Cpl. Rob King

Police said new information was discovered and added to the Bird case file last week. King said the RCMP would not release the cause of death. The file on Bird's death had been open for 17 months.

"(The cause of death) isn't something we're going to release," King said. "It will be a part of the evidence at trial."

The other three people charged with Bird's murder cannot be named because they were youths during the time of the alleged killing.

Sandy Lake is about 90 kilometres northwest of Prince Albert.

ROB BROWN/METRO

Mobile news

Qriket

Freedom never tasted so salty. Scan the code to watch an endangered sea turtle, rescued from death, released back into the ocean.

Clement used ghostwriter during town hall

Social media maven. He's known as a Twitter king, but Tony Clement ended up getting someone else to talk during his online chat

Tony Clement may be king of social media in political circles on Parliament Hill, but he didn't get to be mayor of his own Twitter town hall.

During an online chat on the subject of open government, the Treasury Board president, who is a prolific tweeter, had a ghostwriter doing most of the work for him.

Last December's town hall made federal political history as the first live online chat to be hosted by a cabinet minister using the popular microblogging service.

Tony Clement
TORSTAR NEWS SERVICE FILE

The two 45-minute chats — one in English, one in French — took more than a month to organize.

Three dry runs were held ahead of the main event, with staff even creating bogus Twitter accounts in order to practice using the service.

More than 40 stock responses were drafted so they could be quickly copied and pasted to reply to questions, while a ghostwriter was engaged to get Clement's responses out faster.

A spokesman for Clement called that a natural practice.

The subject of Clement's town hall was the Conservatives' recently launched open government strategy, a three-prong effort which seeks to increase transparency around the official workings of Ottawa.

He's regularly ranked among Parliament Hill's top tweeters.

But when it came to formally engaging with Canadians, bureaucracy ground his free-wheeling ways to a stop.

An analysis on the town hall obtained by The Canadian Press under Access to Information legislation highlights the struggle facing MPs seeking to use social media tools in a world of tightly controlled communications.

THE CANADIAN PRESS

Grieving a loss

Cat mistakenly euthanized, owner says

A Massachusetts woman says her cat went to the veterinarian for a flea bath, but was mistakenly euthanized.

Colleen Conlon of Gardner, Mass., is grieving the loss of eight-year-old Lady, whose death she attributes to negligence by the vet, Muhammad Malik.

Malik's lawyer tells a local newspaper that people should wait to hear all the facts before passing judgment and that he expects more information to come out.

THE ASSOCIATED PRESS

Potential conflict

Iran threatens U.S. base attacks

A senior commander in Iran's Revolutionary Guard warned Iran will target U.S. bases in the region in the event of war with Israel, raising the prospect of a broader conflict that would force other countries to get involved, Iranian state television reported Sunday. THE ASSOCIATED PRESS

Nepal. Canadian reported missing after deadly avalanche

A person injured by an avalanche is rescued on Sunday at the base camp of Mount Manaslu in northern Nepal. THE ASSOCIATED PRESS

Officials say at least nine people are dead and several others missing, including a Canadian, after an avalanche hit climbers on a high Himalayan peak in Nepal, Sunday.

Many of the climbers were French or German but the U.K.-based The Telegraph website reported that one of the missing people is Canadian.

Dipendra Paude of Nepal's tourism ministry, which controls all international climbing expeditions, told The Telegraph the dead climbers were from Spain, Germany and Nepal.

The Telegraph said the missing included five French nationals, a Canadian and an Italian climber.

A spokeswoman for the Department of Foreign Affairs in Ottawa could not immediately confirm that a Canadian was among those missing.

But Chrystiane Roy says Foreign Affairs officials have been in contact with authorities in Nepal.

THE ASSOCIATED PRESS

Mateo Compton Moscoso, 3, and his father, Paul Compton, are shown in this family handout photo taken in June in Lima, Peru. Compton has been fighting for nearly three years to obtain Canadian citizenship for Mateo. THE CANADIAN PRESS

Father believes Canada abandoned his son

Paul Compton is at his wits' end.

The Ontario native has spent nearly three years trying to obtain Canadian citizenship for his younger son with little success and now feels abandoned by his country.

After multiple appeals to politicians and much wrangling with public servants, the 42-year-old is now applying for British citizenship in an attempt to establish a sense of security for his child.

But he feels like he's giving up a part of his Canadian identity in the process.

"I don't know what else to do at this point; I've hit a wall," he said.

Compton is among an unknown number of Canadians caught in a web of regulatory changes made to the Citizenship Act in 2009.

His problems stem from the fact that he was born in Scotland — while his Canadian parents were in university — and his second son was also born abroad, four months after the government imposed a first-generation limit on citizenship by descent for those born outside the country.

That meant Compton's first son, who was born abroad before the regulations changed, is a Canadian, but his younger child, three-year-old Mateo, is not.

Canadians abroad

"It's like Canadians born abroad and Canadians working abroad have done something wrong ... It doesn't mean that I'm any less Canadian ... I grew up in Canada, I paid tax in Canada, I'm still paying my student loan in Canada."

Paul Compton

"What my government has done is basically said, 'Your son's not Canadian, he's not important to us,'" Compton said from Lima, Peru, where he teaches at an international school.

Citizenship and Immigration Canada has acknowledged the problems the new rules have created for some and has offered a remedy, albeit one that requires time and circumstances that may not work for everyone.

"CIC recognizes that in some limited cases, the changes to the law may have a significant impact on Canadian families with strong ties to Canada who are residing temporarily overseas," said spokeswoman Nancy Caron.

The solution, she said, is for a family to sponsor their child for permanent residency when returning to live in Canada. Once that application is approved, the family can seek citizenship for the child immediately, without having to fulfil typical residency requirements.

THE CANADIAN PRESS

Regina Public Library
CELEBRATE GLOBAL RIGHT-TO-KNOW WEEK
with a special film series at the RPL Film Theatre September 27-30
Visit ReginaLibrary.ca for details.

iPhone 5. Most U.S. stores sell out during first weekend

It was possible to walk into a U.S. store on the weekend and buy an iPhone 5, but it took some hunting. Some stores reported having Apple's newest phone available for walk-up customers, though not all versions of it. A random check of about a dozen stores indicated that most were sold out.

A Verizon store in New York City said the 32 and 64 gigabyte models, but not the 16 GB version, were available. A Sprint store in a suburb of St. Paul, Minn., said all but the most expensive 64 GB iPhone 5s were sold out. "Before we were even scheduled to open, we were pretty much out," said Eric Rayburn, a worker at a Sprint store in Phoenix, Ariz.

The iPhone 5 went on sale Friday, igniting intense interest around the world.

THE ASSOCIATED PRESS

Sales figures

- On Monday, Apple is expected to announce early results from the iPhone 5's first day of retail sales.

E. coli concerns

Ground beef recall expanded further

The recall of ground beef from Edmonton-based producer XL Foods is being expanded yet again.

The recall due to possible E. coli contamination was announced by the Canadian Food Inspection Agency a week ago and has since been expanded six times. It affects ground beef sold by Sobeys, Foodland, IGA, and Douglas Meats stores in the Prairie provinces, Ontario, the Maritimes and some Big Way and Super A stores.

Now it also includes unlabelled ground beef products sold between Aug. 24 and Sept. 16 at stores which may include small retailers, local meat markets and butcher shops.

The agency advises consumers who are unsure if they have the affected product to check with the stores where they purchased the beef, or simply throw it out.

THE CANADIAN PRESS

Gamers need not apply: New simulator puts safety first

VIRTTEX facility. Ford's virtual reality lab lets researchers monitor bad driving habits

Most car-themed video games challenge players to race as fast as they possibly can, and push dangerous driving to the limit without crashing.

So test subjects who step inside Ford's high-tech VIRTTEX research facility can be forgiven for wanting to stomp the gas pedal in the video game-like driving simulator. But most don't and try their best to stay alive.

In an effort to prevent car crashes in the real world, Ford has designed an incredibly life-like way to test drivers' skills and simulate dangerous situations that could end in death on the roads.

Within a research and development building in Dearborn, Mich., the former hometown of Henry Ford and where the automaker is headquartered, lies the VIRTTEX — short for Virtual Test Track Experiment.

A test driver goes behind the wheel of Ford's VIRTTEX, a safety simulator that analyzes drivers' skills and reactions to dangerous situations on the road. FORD CANADA/THE CANADIAN PRESS

Inside a seven-metre-diameter domed laboratory is what appears to be a standard Ford vehicle. But a close inspection would reveal its engine and transmission have been removed and it has been equipped to tie into an elaborate virtual reality simulator.

Video screens envelope the inside of the domed structure, giving test subjects a simulated 360-degree view of a driving environment. Peeking at all the mirrors reveals accurate views of what you'd expect to see while driving.

Once the simulation has begun, the VIRTTEX structure can move up to three metres side to side or front to back, and two metres vertically, to simulate the motion and feel of actually driving. The steering wheel realistically rumbles just right and sound is pumped into the vehicle to replicate engine and road noise. The wheel and pedals are just as responsive as in any car.

Before long, drivers get lost in the virtual world and feel like they're really driving down a long, open road. And then researchers can start observing all their bad habits. The speeders get identified pretty quickly.

The other cars on the road "are programmed to go five to 10 miles per hour (eight to 16 km/h) faster than you, so we quickly find out what kind of driver people are," says Ford's Mike Blommer.

"If they want to keep up with traffic ... those drivers keep speeding up and the next thing you know you're going 80 to 85 miles per hour (almost 140 km/h)."

THE CANADIAN PRESS

Quoted

"We get some really realistic reactions out of people." Ford's Mike Blommer

REGINA MUNICIPAL/SCHOOL BOARD ELECTION
OCTOBER 24, 2012
REGINA VOTES 2012
ELECTION INFORMATION DELIVERED STRAIGHT TO YOUR MAILBOX.
This year, we've made it easier than ever to cast your ballot on October 24th. Watch for the Voter Information Card in your mailbox. It has everything you need to know so you can fit voting into your schedule.
For all the information you need this election, call 777-7000 or visit Regina.ca
Scan for more information
Take a FEW MINUTES to shape the next FOUR YEARS

Chinese ambassador tries to smooth way for oil deal

China's ambassador in Canada is on a charm offensive, appealing to the public to look favourably on Chinese investment in the oil patch.

Ambassador Zhang Junsai has given two recent media interviews coming just after Nexen shareholders overwhelmingly approved a generous takeover from Chinese state-owned CNOOC — a deal that still needs Ottawa's blessing to go ahead.

In interviews with the Globe and Mail and CTV, Zhang said Chinese businesses are interested in Canada because the investment climate is stable and regulations are "mature."

"I think that the Chinese investments come because they feel this country's environment is good, politically stable and there are very mature regulations and rules," he told CTV's Question Period in an interview aired Sunday.

"They feel that they can cooperate and learn (about) their counterpart very well. That's why they come."

He deflected questions about warnings from Canada's spy agency that state-owned enterprises could be using their investment ties for intelligence purposes.

Last Thursday, in its latest annual report, the Canadian Security Intelligence Service said the majority of foreign investment in Canada is carried out in an open and transparent manner.

However, certain state-owned enterprises and private firms "with close ties to their home governments have pursued opaque agendas or received clandestine intelligence support for their pursuits here."

But Zhang warned Canadians not to jump to conclusions, and noted the CSIS report did not name any specific countries.

THE CANADIAN PRESS

Quoted

"I think that the Chinese investments come because they feel this country's environment is good, politically stable and there are very mature regulations and rules." Zhang Junsai, China's ambassador in Canada

New trading centre

Iran moves to undercut currency black market

Iran's state radio is reporting that the country has inaugurated a new hard currency trading centre to undercut the black market.

Under the supervision of Iran's central bank, the centre will offer U.S. dollars at two per cent less than the street rate to importers of the country's needs, from the veterinary industry to printing machines, according to the Sunday report.

The U.S. dollar is traded at 24,600 rials in the street market. But the current official rate is 12,260 rials to the dollar, used only for special purposes such as importing food and medicines.

Iranian currency has been heavily hit by Western sanctions over Iran's nuclear program. The West suspects Iran is aiming to build nuclear weapons, a charge Iran denies.

THE ASSOCIATED PRESS

comwave

Home Phone

Why pay $30, $40 or even $50 for a *home phone line?*

Limited Time Offer

6 Months FREE

Your satisfaction is guaranteed!

Unlimited Local

Unlimited local calls plus over 14 FREE features including FREE Voicemail, FREE caller ID and more

$14.95/month

Unlimited Canada

All the features free plus unlimited Canada-wide long distance

$19.95/month

Unlimited Global

All the features free plus unlimited long distance to almost 60 countries

$29.95/month

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

Ranked #1

Home Phone Service

Consumer Choice Award

1-866-769-9601

www.comwave.net

FROM 'I DO' TO 'I'LL KILL YOU'

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Saskatchewan, it turns out, is the bedrock of matrimony.

Marriages across the rest of the country have declined by 132,715 over the last decade, according to the latest census data. But here in the Land of Living Skies, the number of marriages has stayed the same in Saskatoon and declined microscopically in Regina.

Only death do us part around here, thank you.

So, you'd figure, if this noble but sagging institution is going to get a fair shake anywhere, it will be in this province. Which makes the Zimmer-Sensenberger case even more disturbing.

Maygan Sensenberger is the 23-year-old wife of Manitoba Senator Rod Zimmer. He's 69. Do the math. That makes him at least a hundred years older than his spouse. Not only that, he's a cancer survivor who was recently stung by a hornet, so when he started to feel a tightness in his chest while sitting with his wife on a flight from their home in Ottawa to Saskatoon last month, his loving, solicitous wife was naturally concerned:

"Well, if that doesn't kill you, the drugs don't kill you, I'll kill you, I'll slit your throat, I'll kick your ass around the corner," she allegedly said, according to various witnesses.

For better, for worse

Many of the other passengers on board, probably people who live common-law and don't really understand the unique dynamic of marriage, misinterpreted Maygan's comments as threatening.

Many of the other passengers on board, probably people who live common-law and don't really understand the unique dynamic of marriage, misinterpreted Maygan's comments as threatening. So when the plane landed, she was arrested and hauled off to the local slammer in Saskatoon.

And this week she was tried and convicted, given one year probation, and required to get treatment for alcohol abuse and anger management. The senator claims it's all a misunderstanding. His wife was just upset at his condition and was, in her own loving way, encouraging him to seek medical treatment. (Or else?)

Maygan's lawyer was understandably upset at her client's shocking treatment in what should be the heartland of marital enlightenment. She called the media "extreme" and "abusive" for focusing on the unique multi-generational nature of the marriage, and not important stuff like the fact her client spent FIVE DAYS in jail.

Those who would tear down the sacred altar of matrimony might be tempted to think there's not much future for Maygan and Rod. But who are we to judge? Now that the restraining order's been lifted, I'm sure she'll be able to convince him to get the treatment he needs, and will no doubt start planning his 70th birthday party.

As for the rest of us happily married couples, there's a lesson here: Just remember the "til death do us part" part ... and keep your heads up.

Shutting down the freeway

L.A. hopes to head off a-car-polypse one more time

Carmageddon II — the sequel — is coming to one of the most crowded U.S. freeways, and authorities are hoping its subtitle won't be The Traffic Strikes Back.

Transportation officials say what they would like to see during the last weekend of September is a rerun of last year's two-day closure, when hundreds of thousands of motorists dodged doomsday predictions by staying away until the busy, 16-kilometre stretch of Interstate 405 reopened.

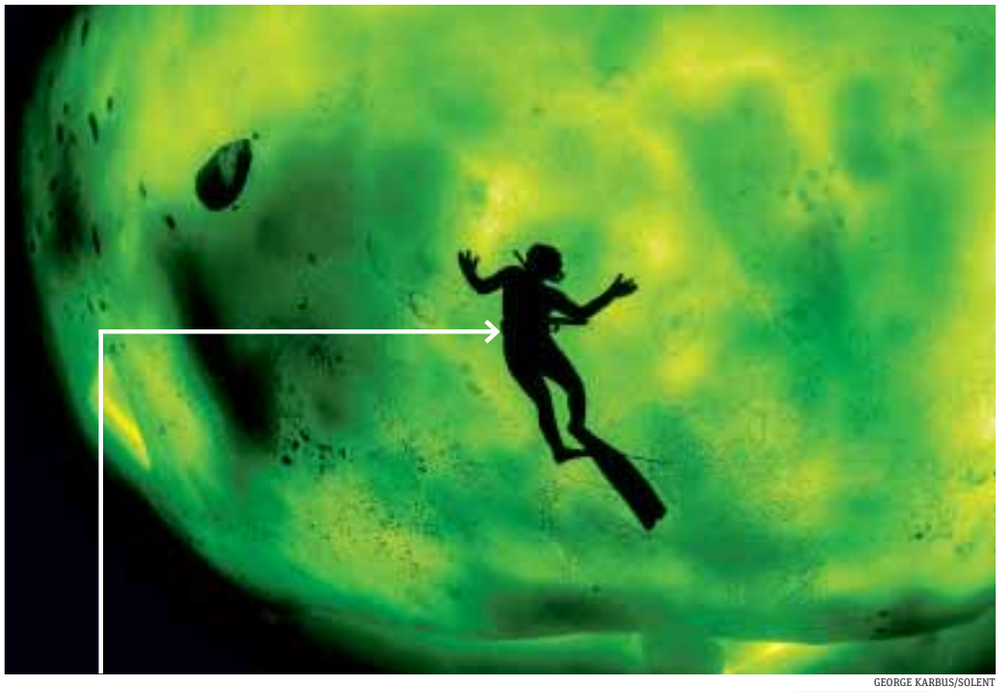
It was one of the lightest freeway traffic weekends anyone in Los Angeles could remember.

Hopes are high that next weekend will have the same happy result, as businesses and residents prepare to avoid the roadway that must close again so work can be completed on a bridge.

At Ronald Reagan UCLA Medical Center, just outside the Carmageddon Zone, officials plan to house as many as 300 doctors, nurses and other staff members in dorms at nearby hotels so nobody will have trouble getting to work.

THE ASSOCIATED PRESS

Alien world in the Arctic abyss



GEORGE KARBUS/SOLENT

Underwater photo

Otherworldly shot of northern lights

It's the northern lights, but like you've never seen before.

This shot by photographer George Karbus shows a diver's silhouette against the backdrop of aurora borealis, seen through a thick sheet of ice in the cold waters of the Arctic Circle.

"Cold, beauty, adventure" — the three words that encapsulate his image, Karbus said, adding his biggest ambition is, "to capture beauties of our fragile world and show everyone the real treasures of life." METRO

Q & A

'Just too beautiful'

Photographer George Karbus, 33, from Lahinch, County Clare, Ireland, talks to Metro.

Where did you take this image?
The White Sea in Russia, inside the Arctic Circle. It took two days by train to get to the spot by the White Sea. My girlfriend Kate Hamsikova and I set out with a guide on a snowmobile. We went diving after cutting through ice about one metre thick. One dive I noticed that Kate was upside down just under the ice pretty far from the hole we cut out, playing with little bubbles. I dove down for about eight metres to get this beautiful perspective of ice formation with Kate's silhouette.

Part of me wanted to enjoy the lights without taking photographs, but it was too hard to resist. It was just too beautiful.

What was the biggest challenge for you?
The cold water at around -2 C. Also, for the picture we dove without any rope lines. Normally when you're diving you need a rope so that you know where to return to, so it can be quite dangerous without it.

GEORGE KARBUS
Photographer

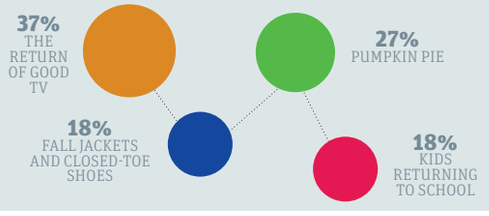
Photo in detail

- **Equipment used.** Karbus wore a 7 mm freediving wet suit and used a Nikon D700 with a fisheye lens inside a Subal underwater housing device.
- **Water fan.** "I love the ocean and like to be there every day," said Karbus, who lives in Lahinch on the Atlantic coast. "I like to use my physical abilities and get with my camera in extreme angles to photograph big marine creatures."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

It's officially fall — what are you most excited about?



Twitter

@Lori_Pelletier: Welcomed Fall by having neighbors over for a campfire, but it is chilly out there. #yqr #goodbye-summer

@coryfurman: Glad to see YQR election discussion heating up. Ask questions and understand the full position and depth of candidates #getoutandvote

@madisonfrancis2: Wish us luck ! #cornmaze#sask

@Janbayer: Can't wait to get back to Sask, I miss my bff @spierone! Hopefully in a week or so!

@sambillie: #Sask in 2! #happytweet #lucky

@KarenLBill: Wow 24 degrees on sept 23rd. Got ta love sask weather.

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Christina Hendricks of Mad Men. THE ASSOCIATED PRESS

Zooey Deschanel of New Girl. THE ASSOCIATED PRESS

TV stars sizzle on the Emmy red carpet

Ceremony. Louis C.K. wins award for best comedy writing; Modern Family racks up awards for supporting actors, director in a comedy

Sofia Vergara ramped up the sizzle Sunday night on the Emmy Awards red carpet that already had TV's biggest stars talking about just how hot they were because of the sweltering temperatures in Los Angeles.

Vergara wore a teal-coloured gown by Zuhair Murad with beads all over and a cut-out reverse halter neckline.

She helped fuel the trend toward bright, bold colour that was also worn by pregnant Claire Danes in strapless daffodil-yellow Lanvin, Julianne Moore in a long-sleeve, stretchy gown and Nicole Kidman in a blue-on-white-beaded gown. All brought bonafide fashion credibility to the Nokia Theatre, but they weren't necessarily the favourites. more.

New Girl star Zooey Deschanel had a manicure with little TV sets on her thumbnails — perhaps the kind of thing "E!" had in mind for its mani-cam that had stars walking their fingers down a tiny red carpet.

Jonn Hamm of Mad Men and his girlfriend Jennifer Westfeldt. THE ASSOCIATED PRESS

Amy Poehler of Parks and Recreation. THE ASSOCIATED PRESS

Lena Dunham, creator of Girls. GETTY IMAGES

Celebrities build their fashion reputation largely from the red carpet, Lhuillier said, and they'll affect trends for colour, silhouette and embellishments.

Lhuillier said Emmy gowns were already in the works earlier this month when she presented her most recent catwalk collection – one in which she declared "the ballgown is gone." Instead, she focused her full-length dresses in mermaid and other sleeker hemlines.

Not everyone watching TV will need a gown in the coming weeks or months, but when they do, they'll often turn to the brands they hear about at the Emmys, Oscars or Grammys, Lhuillier said. "That's what a red carpet does for a company like mine."

As for the winners, they included Eric Stonestreet for best supporting actor on Modern Family; Louis C.K, for his writing on the comedy series Louis; Julie Bowen, for best supporting actress on Modern Family. Modern Family also won best directing of a comedy series, while Julia Louis-Dreyfus snagged best actress for her work on HBO's Veep, and Jon Cryer of Two and a Half Men won the best male lead in a comedy series.

In the reality TV category, Tom Bergeron of Dancing With the Stars was deemed the best host. Claire Danes won best actress in a drama series for Homeland. THE ASSOCIATED PRESS

Kenley Collins THE ASSOCIATED PRESS

On the web

For more red carpet looks and a complete list of Emmy-award winners, scan the code above or visit metronews.ca.

SHARE ALERT!
Qriket
SCAN, SHARE AND WIN!
Metro and Qriket are giving away $10,000 in instant cash prizing for the month of September.
Metro has partnered with Qriket to add more fun and sharing to your daily news fix.
Qriket is a free iPhone app that rewards you for scanning QR codes, so now you can stay informed with Metro and win prizes when you choose to scan with the Qriket app.
Just download the Qriket app and use it to scan QR codes to access enhanced content, share with your friends, and play instant win games.
And this month, scanning the Qriket branded codes in Metro activates $10,000 in bonus instant cash prizes just for Metro readers!
Wanna play?
1) Download the free Qriket app for your iphone.
2) Use it to scan the Qriket QR codes you see in Metro, and they'll automatically get shared with your friends.
3) The more you scan, the more you share, the more chances you have to win!
Qriket
metro

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Me Tarzan, you gum chewer

THE WORD
Dorothy Robinson
scene@metronews.ca

It's all gum all the time for Kellan Lutz — with a few starring roles thrown in.

Last Wednesday, the Twilight star popped up at Helen Mills, a theatre and event space in New York, to launch his latest endeavor: Being the enthusiastic spokesperson for iD gum, a new brand of the chewy stuff that's geared to teens.

"Who would have thought 10, 20, 50 years ago that gum would be an accessory? Now it is. Now it's cool to show that you have gum versus hiding a piece of gum for your breath. Now it's like, 'Oh you've got some iD gum?'" the actor asked philosophically.

The collaboration between Lutz isn't just for profit, mind you. "I only want to stay true to my brand and do great quality products, which this is. I'm a huge fan of the gum. I love gum," he told a group of reporters about his decision to lend his name to iD.

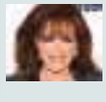
Dude loves gum, am I right? So much so that even when we were able to get him off message to talk about what's next for his career, we couldn't help but read in between the lines (quotes in bold belong to The Word).

"It's bittersweet," he says about the end of Twilight **(and possibly a new flavour of gum)**. He continued: "It feels like a closing of a chapter but in a way it's like your last days of high school — you're really looking forward to college and I'm really looking forward to that **(like I'm looking forward to this piece of iD gum)**. It's been great having my own project now, to **(chew delicious gum and)** be the lead in Tarzan **(a character who wasn't fortunate enough to be alive when gum was so accessible, but I think he chewed on pine bark of some sort)**. Hopefully we can franchise that. It's going to be great **(just like this piece of iD gum I'm waiting to chomp on)**." WITH ADDITIONAL REPORTING BY OLIVIA MORROW

Twitter

@TheRealNimoy
Senor Quinto. Dinner soon?

@ZacharyQuinto
sunset between highland and crescent is really its own particular brand of crazy.



@jackiejcollins
Channing Tatum is good to look at

@SarahKSilverman
Dear men, I love you to pieces. So trust me when I tell you you've gotta stop wearing cologne immediately

Amanda Bynes

Everyone is leaving Amanda Bynes

Things don't seem to be getting any better for Amanda Bynes. After being pulled over at the Burbank airport last week and having her car impounded, the actress has been charged with two counts of driving on a suspended license, according to TMZ.

On top of that, the troubled former child star was reportedly dropped by her agent, publicist and lawyer — all within the last few weeks — because she'd become "extremely difficult" this year. But a source close to Bynes says the actress isn't worried, since she's looking to transition from acting to fashion anyway.

Lady Gaga

Gaga talks weight, dad's new restaurant

Lady Gaga admits that she's put on some weight lately, but she's not stressing out about it. "I'm dieting right now because I gained, like, 25 pounds," she says in a radio interview, according to the Huffington Post. "And you know, I really don't feel bad about it, not even for a second." While she's had a rather hectic tour schedule, she says part of the cause may be closer to home. "I love eating pasta and pizza. I'm a New York Italian girl," Gaga says. "That's why I have been staying out of New York. My father opened a restaurant. It's so amazing, it's so freaking delicious, but I'm telling you I gain five pounds every time I go in there."

Looking for ways to bring more joy to life at home? Clean up

Gretchen Rubin is the author of Happier at Home. SUBMITTED

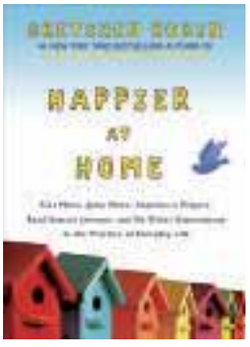
Book. Gretchen Rubin, author of the Happiness Project, is back with a new book, Happier at Home. The following is an excerpt from the book.

For me, fighting clutter is a never-ending battle; although I'd labored to clear clutter as part of my first happiness project, I was eager to find additional strategies to stop its insidious progress. Inspired by William Morris's rousing call to "Have nothing in your houses that you do not know to be useful, or believe to be beautiful," I resolved to "go shelf by shelf," then drawer by drawer, then closet by closet, to consider each of our possessions.

Did one of us use it or love it? Would we replace it if it were broken or lost? If so, was it in the right place? If not, why keep it?

Years ago, I started keeping a list of my Secrets of Adulthood — the large and small lessons I'd mastered as I'd grown up. Recent additions included:

• Just because something is fun for someone else doesn't mean it's fun for me.
• It's enormously helpful, and surprisingly difficult, to grasp the obvious.
• You need new friends and old friends.
• The quickest way to progress from A to B is not to work the hardest.
• It's easier to prevent pain than to squelch it (literally and figuratively).
• Where you start makes a big difference in where you end up.
• The opposite of a profound truth is also true.
• A change is as good as a rest.
• It's more important to say something than to say the right thing.
• The best reading is rereading.



One of the most helpful of these Secrets of Adulthood holds that "Outer order contributes to inner calm." Why is this true? Perhaps it's the tangible sense of control, or the relief from visual noise, or the release from guilt. In the span of a happy life, having a messy desk or an overflowing closet is clearly trivial, and yet creating order gives a disproportionate boost of energy and cheer. (Of all the resolutions that I've proposed, which one do people most often mention that they've tried, with great success? The resolution to "Make your bed.") EXCERPTED FROM HAPPIER AT HOME. COPYRIGHT 2012 GRETCHEN RUBIN. PUBLISHED BY DOUBLEDAY CANADA, AN IMPRINT OF THE DOUBLEDAY CANADA PUBLISHING GROUP, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Read it

Happier At Home is available at bookstores everywhere and Randomhouse.ca

Exclusively online

metronews.ca/voices

- **The name game.** How do you choose a baby name that's original but easy to pronounce, sophisticated but unpretentious, and would look good on the ballot for Prime Minister? Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Before you pack up the fam and hit the road...

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Family travel is a great way to combine fun and learning for both adults and children. While no one can guarantee your family vacation will be perfect, try to ensure you make the most of it by taking the time to plan ahead.

Make sure you mix the historic (learning) and the hysteric (fun):

• Check out the school curriculum before planning a trip and see if there is a fit to what the kids are studying (geography, history, learning about currencies, etc.)

• Get some appropriate age level (fiction and non-fiction) books about where you're travelling, and read them together.

• Introduce some typical foods of the country you're going to visit, prior to going, so they seem somewhat familiar to the kids when you get there. This will help them gobble up local cuisine without complaint.

• Visit the websites for the tourism boards of the places you're going, and if you can, the hotels you'll be staying at.

• Pick out a few local customs (like shoes off in Japanese households) and explain how they came about, and why they are important to the residents of that country.

• Prepare a short (age appropriate) quiz for the car or plane ride about where you're going to go, and afterwards, what you saw.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Have fun with the entire family on vacation by following a few simple steps. ISTOCK

On the web

Scan this code or visit metronews.ca/voices to find out why choosing a baby name is one of the most stressful things about being pregnant.

Snap,
Share,
Win.

What does The Art of Sharing mean to you?

Share your photos and show us your idea of The Art of Sharing and you could win $5,000 in photography equipment!

You can also share your other photos with us in The Metro Global Photo challenge for a chance to win a trip to Greenland.

Enter today at **metrophotochallenge.ca** and share your way to victory.

metro PHOTO CHALLENGE

Retire the chicken-noodle combo and give trout a taste

Several thousand years ago, people discovered that exposing fish to intense amounts of salt and smoke was a great way of preserving the catch for later.

Today, our smoking techniques are considerably more refined, and we do it more for flavour than as a means of preservation. And that makes it a shame more people don't think to reach for smoked fish as an effortless way to add gobs of flavour to the foods they love.

Grocers generally sell a wide variety of both types of smoked fish. Salmon, for example, can be found with different seasonings and cuts, including thinly sliced, thick slabs and whole sides. Smoked salmon is particularly good for making dips and pates. When doing so, look for cheaper packages labeled "trimmings," which are small pieces.

Hot smoked fish, such as trout and mackerel, are delicious flaked into salads or tossed with warm pasta, especially with a cream sauce. That's why Smoked Trout Noodle Soup isn't as strange as it sounds. Smoked trout has a meaty texture similar to chicken. And the rich, smoky flavour is the perfect match for a soup thick with noodles.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a large saucepan over medium-high, heat the oil. Add the garlic, carrots, onion, celery, peas, thyme and rosemary. Sauté for 5 minutes.

2. Add the chicken broth and bring to a simmer. Add the pasta and cook for 7 to 8 minutes, or until barely tender. Remove and discard the rosemary stem. Add the spinach and scallions and heat for 30 seconds. Season with salt and pepper.

3. Using a fork, flake and break up the trout into large bite-size chunks. Ladle the soup into serving bowls, then pile a bit of the trout in the centre of each.

THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 1 clove garlic, minced
- 3 medium carrots, peeled and chopped
- 1 large yellow onion, diced
- 2 stalks celery, chopped
- 1 cup frozen peas
- 1 tbsp chopped fresh thyme
- Large sprig fresh rosemary
- 6 cups (1 1/2 quarts) chicken broth
- 2 cups elbow pasta
- 2 cups baby spinach
- 2 scallions, whites and greens, chopped
- Salt and ground black pepper
- 8-oz package smoked trout

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

When burgers are loaded with cheese and bacon, you're just asking for an overload of all things unhealthy.

Wendy's Baconator

1,340 calories/ 91 gm fat/ 39 g saturated fat/2,840 mg sodium
You'll be lucky if you make it out of the restaurant without going into cardiac arrest after eating this burger's three patties, three cheese slices and nine bacon pieces.

Equivalent

Aside from being equivalent in fat to 10 Kobe style beef sliders from Milestones, Wendy's Baconator is also more than an entire day's worth of non-nutritional food.

Wendy's 1/2 Pound Double

880 calories/ 49 gm fat/ 21 g saturated fat/ 1,450 mg sodium
Splurge on half a pound of meat, which is close to half the calories, fat and sodium. That's still high for a meal but an improvement.

The In-Credibility Factor

Terry Beech PROVIDED

Name: Terry Beech
City: Vancouver
Age: 31
Occupation: Co-founder and CEO of HiretheWorld

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

As the youngest elected official ever in Canada (he was a city councillor for Nanaimo, B.C. when he was 18) Beech went on to co-create HiretheWorld. The online company is a marketplace for graphic design attracting designers from 132 countries.

I knew I was on my way when... I started running into happy customers. I'd be driving downtown and see a restaurant storefront that was entirely designed on my site. I flew to Heathrow in London and I had my HiretheWorld shirt on. A lady ran up to me and told me that her company logo had been done on my site.

A large majority of our business is word of mouth. We want to grow, grow, and grow. We want to expand internationally and I'm excited about all the other entrepreneurial opportunities out there.

Action Plan

• Have an intense focus on value creation. Think about how you can make a person's life better rather than make another dollar. If you provide value to the consumer then the money will come.

• Surround yourself with amazing people who love what they do. Being an entrepreneur is hard enough and you don't need to waste your time and energy with employees who are just adequate. If you want to be a rock star surround yourself with rock stars and your odds of success will exponentially increase.

• Do not develop a fear about what other people think of you because it will prevent you from taking risks. I never regret the risk that went badly but I regret the risks I didn't take because I was playing it safe.

Catching the customer in your wonderful web

That's out of site!

How to make the most of your online efforts

Prioritize your online domain and watch your customer base multiply. ISTOCK

Imagine you own a shoe store. It's in a busy shopping mall and has an inviting storefront with an attractive sign and window displays. You're almost guaranteed traffic — and probably sales, too, if you've got halfway decent products and prices.

Now picture that same shoe store on an out-of-the way country road with a grimy window and a crooked sign. It doesn't matter how great your footwear is. You probably won't have enough customers to stay in business.

Now ask yourself which of those two stores most resembles your company's website. In today's business world, your website is your storefront. It could be the main way customers are finding you and forming an impression about you.

A properly designed site is especially important if your business is growing and you are trying to improve your profile. But many small businesses don't devote a lot of effort to optimizing their site to ensure it's easily found via internet search engines and geared to help make sales.

Sites need improvement

"A well-designed site can help your company compete effectively with businesses that have deeper pockets and larger marketing budgets," says Michel Bergeron, Senior Vice President, Marketing and Public Affairs at the Business Development Bank of Canada.

Ranking high in search engine results is vital for your visibility online, Bergeron says. People rarely venture beyond the first page of a Google search result. Indeed, research indicates that websites appearing on the first page attract 90 per cent of the traffic.

Having a poorly optimized website can be a problem even if most of your sales don't happen over the Internet, says Mark Evans, a leading Canadian digital marketing and startup consultant.

"The Internet is the way most people discover new products and services."

Happily, small businesses can use simple, inexpensive tools to help level the playing field with large businesses, Evans says. "A small, agile, creative company can be as effective online as a big company."

Philip Murad has found a way to turn his website into a gold mine for his fast-growing business, Philip & Henry, which books magic shows for a network of magicians across North America. Murad's website accounts for three-quarters of his sales, which have been growing up to 30 per cent annually for the past decade.

Clean, simple layout

Visitors to Philip Murad's site are greeted with a clean, simple layout that's easy to navigate without a lot of scrolling or clicking. The site prominently displays links allowing them to get a price quote or book a show in their area. There's also a short YouTube video featuring happy customers, and contact information is easy to find at the top of the page. NEWS CANADA

Magic tricks

Philip Murad's business website shows up on the first page out of 150 million results for the term 'magic shows.' A paid ad for Philip & Henry is the top result in a search for 'magician.'

- Murad credits years of experimentation with search engine optimization — the art of getting search engines like Google to rank your site near the top. He sprinkles his content with a few dozen keywords that describe his business and help him stand out from the competition.

First Canada, First Student Canada, First Transit & Gref's are all part of the largest bus company in the world.
And right here in Regina, locally owned, we are growing in leaps and bounds and have

VARIOUS OPENINGS for DRIVERS

to do charter, shuttle, industrial, para transit and of course steady part-time school bus driving.

Professional driving experience is welcome but not necessary, as we offer industry- leading free training to the right applicants. Medical, background and drug testing will be required. If you have a good driving record and an appreciation for the importance of customer service, we'd like to meet you.

Call today! 306-721-4499.
www.firststudentcanada.com

We are an equal opportunity employer.

First Student Canada

Career Bear

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.

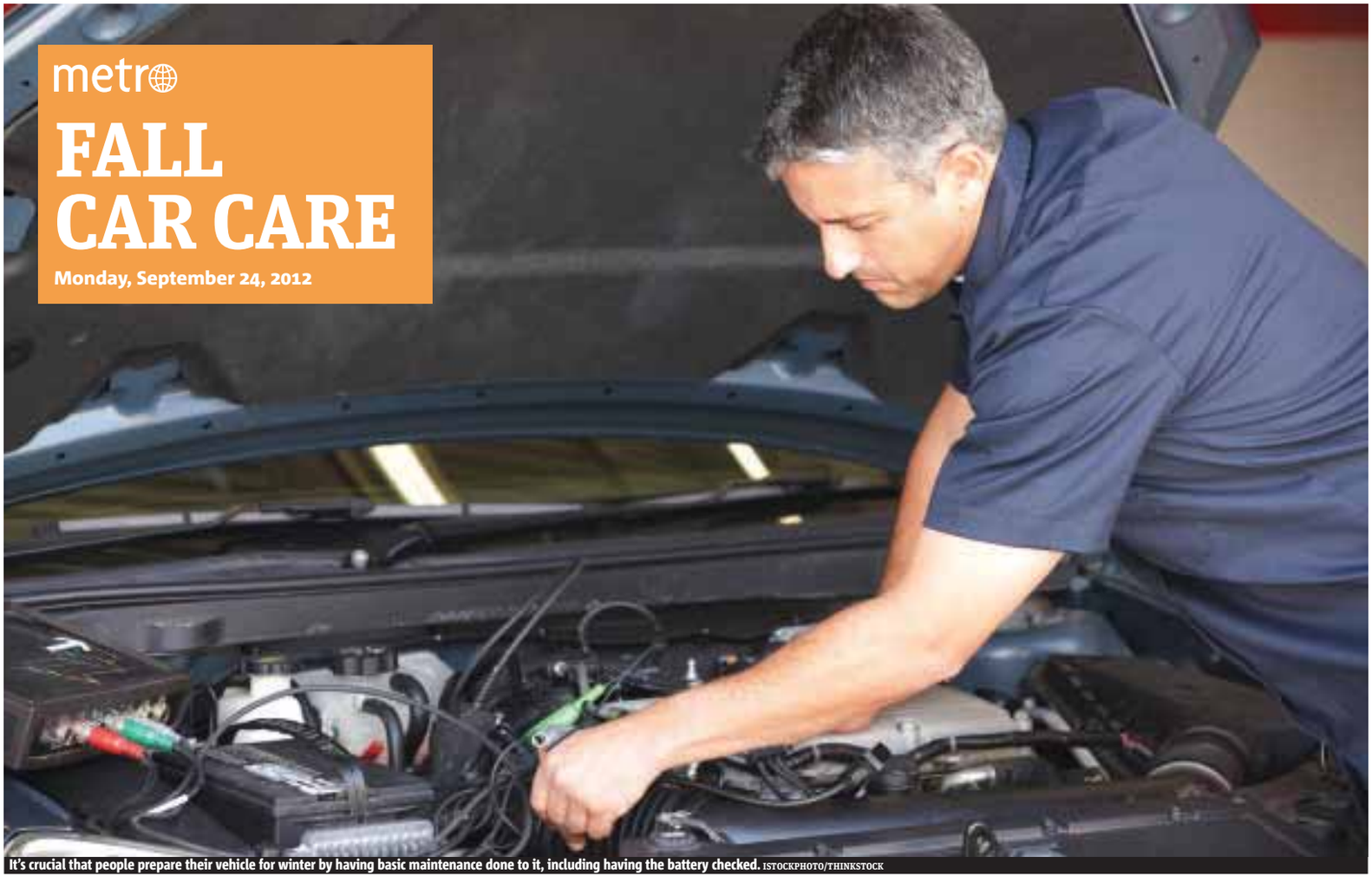
Don't just dream about your new career...
Get there with **CareerBear.com**

Go to CareerBear.com for your chance to

WIN

1 of 4 weekly prizes of an Apple Macbook Pro with Retina display!

"Apple" and "MacBook Pro" are trademarks of Apple Inc.
Apple Inc. is not a sponsor of, nor a participant in this promotion.
To register and for full contest details, visit clubmetro.com



It's crucial that people prepare their vehicle for winter by having basic maintenance done to it, including having the battery checked. ISTOCKPHOTO/THINKSTOCK

Defend against your car's kryptonite

Basic maintenance. Don't let winter weather attack and disable your vehicle's components

RICHARD WOODBURY
For Metro

Cold weather isn't a friend to anybody's vehicle, so a Canadian winter is more like an enemy.

"The cold weather is going to stress all the components in your vehicle, including your engine and the amount of heat it generates and the amount of cold outside," said Judge Eilers, a product specialist at Capital Ford Lincoln in Regina.

For this reason, it's crucial that people prepare their vehicle for winter by having basic maintenance done to it, including having the battery checked, as well as the brakes.

Other things people must do to prepare their vehicle for winter is make sure their windshield washer fluid reservoir is filled with fluid that is good to at least –40 C.

In fact, if there is spring and summer washer fluid already in the reservoir, that should be drained before adding the winter fluid.

"We use winter stuff all year," said James Schimpf, the fixed operations manager with Steele Hyundai in Halifax.

By using winter washer fluid year round, it eliminates the chance of washer fluid freezing, which can bring on a host of problems, such as the washer fluid jug splitting.

Closely tied in with the washer fluid are the vehicle's wipers, which get quite a workout in winter.

Schimpf says if there are cracks or tears in the rubber that contact the window, the wiper will need to be replaced.

One of the most important ways of getting a vehicle ready for winter is to put a set of four winter tires on it, not just two, cautions Schimpf. If you drive with different sets of tires on a vehicle, they can get out of sync and cause a driver to lose control.

"Your front tires can dig themselves their own track, while your back tires have more of a tendency to follow someone else's tracks," Schimpf said.

Winter tires have a different rubber composition than summer tires and this allows them to provide better grip in colder temperatures. Because they have better treads, they handle better in snowy and icy conditions.

One of the arguments people often make against having winter tires is that it ends up costing a vehicle owner more money. This argument is a little shortsighted because you are doubling the life of the tires, when compared to running one set 12 months a year.

One final thing to do is put a snow brush in one's vehicle, even if it's still September.

"Just chuck one in there right now," Eilers said.

novus
AUTO GLASS REPAIR & REPLACEMENT

Prepare yourself! Saskatchewan's cold weather is coming!
Have your glass ready, trust the experts!

Novus Auto Glass is a respected industry leader in Canada, the United States and 53 countries around the world. We provide superior quality automotive glass repair and replacement.

- Stone chip repair service available; chances are we can fix it in about 20 minutes - no appointment necessary!
- Repair and replacement of all types of auto glass
- Minimize your down time, cured and back on the road in half a day

AVIVA SGI CAA the co-operators SMI

Did you know that if you carry an insurance policy on your vehicle, your glass replacement or repair may be covered by your insurance company? We will contact your insurance agent to take care of all the necessary paperwork at no hassles to you!

260 Albert Street · 306.525.6444 · novus@sasktel.net · www.novusregina.com

Emergency kit. Don't leave home without it

RICHARD WOODBURY
For Metro

When planning on driving during the winter, it's important that you have an emergency kit packed in your vehicle. ISTOCKPHOTO/THINKSTOCK

Regardless of whether it's fall or winter, one's emergency car kit should have the same components in it.

"I would always plan for winter," says Anna Pruneau, the assistant service manager with O'Regan's Nissan in Halifax.

This is especially true given how cold the temperatures can dip during the fall months.

Nova Scotia's provincial Department of Transportation and Infrastructure Renewal recommends that every car emergency kit include things like a blanket, flashlight, matches and extra clothing (don't forget about gloves and hats). It also recommends including a garbage bag, which can be used as a vapour barrier over clothing so moisture doesn't get in.

Candles are also a wise idea, but be sure to have a deep can to put the candles in. Otherwise, they could be a fire hazard.

Long-handled ice scrapers and brushes are a must to have on hand, as well as a shovel.

In case somebody finds themselves in a situation where they need some traction, they can sprinkle some kitty litter on the ground. An alternative is to carry traction mats in the vehicle.

People should also have some food and a beverage on hand. For food, things such as chocolate, nuts and dried fruit are all good options. Having a beverage can be a little trickier.

"It can freeze," said Jeff McClelland, the service manager at Regina Honda.

Other items one might want to include in their emergency car kit are a flashlight, batteries, jumper cables, a first aid kit, flares and some spare fuses.

"It's quite possible you could blow a fuse for a component such as a heating control unit, so fuses are always a good thing to have in your kit," said McClelland.

For people with young children, they will have to also think about incorporating things for their children into the kit, such as diapers and formula.

One of the challenges in assembling an emergency car kit from scratch is that it may take up a lot of trunk space. An alternative is to purchase a pre-made kit, which will be packaged very efficiently.

Nourishment

"People should also have some food and a beverage on hand. For food, things such as chocolate, nuts and dried fruit are all good options. Having a beverage can be a little trickier. 'It can freeze,' said Jeff McClelland, the service manager at Regina Honda."

GET YOUR VEHICLE READY FOR WINTER NOW
Quality Automotive Centre Ltd.
"The Automotive Professionals"
WE REPAIR ALL MAKES & MODELS-FOREIGN & DOMESTIC
•ABS Brakes •Fuel Injection
•Electrical •Cooling Systems
•Shocks •Mufflers
•Major / Minor Mechanical Repairs
•Transmissions •Front Wheel Drive
•Computerized Diagnostics
•All Types Of Fluid Changes (Oil Change, Engine Coolant, Transmission Differential, Brake Fluid)
545-7911
6334 Rochdale Blvd.
Open 5 Days A Week 8-5:30 Mon-Fri
Serving Regina for 22 years

Heat for your seat

Hot gadgets. Remote starters and backup cameras are popular options for your vehicle

People are choosing to install backup cameras on their vehicle to make backing up safer. TORSTAR NEWS SERVICE FILE

JASON MENARD
For Metro

It should come as no surprise, but as the mercury drops during our Canadian fall and winter months, the most popular vehicle gadget is one that helps to warm us — from the "bottom" up.

"We sell probably four times as many heated seats than any other accessory," explained Nadheer Rehmtulla, the operations manager for Mississauga,Ont.-based ASC Canada, which runs the autostyle.ca parts and accessory website. "Obviously, when it's freezing outside, it's a great way to warm up quickly.

"In fact, heated seats warm up faster than the heat from your car, so it's an effective way to warm up."

Rehmtulla, whose organization services all of Canada, added that the top three autumn and winter accessories and gadgets would be remote starters, the aforementioned heated seats, and snow tires. He explained that two other items — one that protects the inside of your car and one that protects its outside — are also extremely popular at this time of year.

"If you're trying to preserve the interior of your car, floor mats are a great option," he said. "And one of the biggest things that people are interested in now are backup cameras."

Due to dramatic reductions in the cost of camera equipment, this option is as affordable in many cases as backup sensors, but are far more effective. "The sensors use microwave technology and when there's a lot of snow they can have a high failure rate," Rehmtulla said.

The cameras are installed under the licence plate and are slightly heated to combat ice buildup and snow accumulation. "We can feed a monitor or, if you have a GPS, we can hook it up to your existing monitor," he said.

"Not too many people do the recommended 'walk around the car to check for obstructions' — it's too cold. This is an easy way to make backing up safer."

For those with leather seats, Rehmtulla added that one simple — and often overlooked — method of cold-month preventative maintenance is to condition your seats.

"It's a highly recommended thing if you want to keep your car looking new," he said. "During the winter months the leather interior can become a little brittle. Getting in and out of the car can cause creases in the leather. A little conditioning and it can look brand new."

Great Canadian
OIL CHANGE
BE PREPARED FOR
SASKATCHEWAN WINTERS
Up to
$35
Reward Card
After purchase of one or more qualified VPS Services
Reward Card is valid at the store location where you purchased your service, to use on your next visit toward any service. (Mail-in offer)
Choose ONE VPS Service and receive a $15 Reward Card.
Plus a $5 Bonus! Purchase one eligible Additive Service to receive an additional $5 Reward Card.
Offer begins September 1, 2012 and expires December 31, 2012.
$15
Reward Card
ZEREX
After purchase of professionally installed ZerexTMor MaxLifeTM Antifreeze Service.
Reward Card is payable to the store location where you purchased your service to use on your next visit toward any service.
Mail-in offer begins September 1, 2012 and expires December 31, 2012.
Louis Riel Trail
McCarthy Blvd
Rochdale Blvd
Pasqua St
Albert St
9th Ave N
Ring Rd
4530 ROCHDALE BLVD. 352-4844 | 3115 QUANCE ST E 569-6000

Keep salt and winter grime off your vehicles by taking it to a car wash regularly. ISTOCKPHOTO/THINKSTOCK

Treat your vehicle to regular car washes

JASON MENARD
For Metro

The musical group Rose Royce may have immortalized the car wash as a place of fun and excitement, but for those interested in protecting their vehicles — and even the environment — the modern car wash is serious business.

And with the colder fall and winter months approaching, car washes are an increasingly attractive option for Canadians from coast to coast, explained Jorge de Mendonça, the executive director of the Canadian Carwash Association.

"It's quite important — road salt is plentiful in Canada and cars are still primarily made of metal," he said. "Rust is the main one, primarily in the winter months. In the spring, the advantage is cleaning the undercarriage and getting rid of the grime.

"Car engines can also accumulate oils and potentially hazardous chemicals. Those can run off into lakes and water sources. It can have a significant environmental impact."

Philosophy

"It's a personal preference. It all depends on traffic and how often you drive your car. My philosophy is that as soon as it starts to look dirty, it's time to get a car wash."

Jorge de Mendonça, executive director of the Canadian Carwash Association

While many people enjoy washing a car in the comfort of their own driveway, de Mendonça explained that using a professional car wash not only uses less water, but also prevents that dirty water (and the chemicals it contains) from draining into the municipal storm sewers — which often drain untreated into lakes.

"We're mandated to have systems in place to catch that material," he said. "There are three different systems: One that catches the sand and grit; one that catches the heavy liquids and oil; and the third is to ensure that water gets sent to treatment plants as opposed to running into the storm sewers."

There are three types of car washes, de Mendonça explained, adding that they come in both touch and touchless versions. Drivers can choose from: Self-serve car washes, where you drive in and clean the car yourself in a barn or bay; roll-over car washes, where the car stops and the equipment passes over the stationary car; and tunnel or conveyor-based systems, where the car is dragged along and pulled through the process.

There are no hard and fast rules as to which version to choose, just as there are no hard and fast rules as to how often you should get a car wash.

"It's a personal preference. It all depends on traffic and how often you drive your car," he said.

"My philosophy is that as soon as it starts to look dirty, it's time to get a car wash."

Trim-Line
VEHICLE LETTERING
FULL VEHICLE WRAPS
SIGNS & BANNERS
We Can Take Care of
All Your Graphic Needs!
306-359-1500
805 Toronto Street
Regina, SK S4R 8G2

Make your life easier
...with a Remote Starter
REMOTE STARTER $50 OFF on installation ON PURCHASE OF A REMOTE STARTER Valid only at UniglassPlus/Ziebart Regina until October 30, 2012.
RUST PROTECTION $50 OFF on rust protection treatment Valid only at UniglassPlus/Ziebart Regina until October 30, 2012.
WINDOW TINTING $50 OFF on window tinting FOR YOUR VEHICLE Valid only at UniglassPlus/Ziebart Regina until October 30, 2012.
UNIGLASS PLUS Ziebart
GLASS • ACCESSORIES • PROTECTION • DETAILING
COMFORT AND SAFETY ALL YEAR ROUND!
MORE THAN 50 YEARS OF EXPERTISE
MORE THAN 100 STORES THROUGHOUT CANADA
ZIEBART IS THE LEADER IN MORE THAN 30 COUNTRIES
AIR MILES REWARD PROGRAM
† In normal weather conditions and normal use, Penetr-Oil® rust protection will not stain since it does not drip.
uniglassplusziebart.com
REGINA 805 Toronto Street
306-359-1500

Winter driving. Give yourself extra time

RICHARD WOODBURY
For Metro

With fall having arrived, it means leaves on the roads will soon become a fact of life and a hazard for drivers.

"Wet leaves are really like snow," said Wayde Hitchcock, a driving instructor with High School Driving Academy in Halifax.

"Once you get on those wet leaves and you try to either turn your wheels or apply your brakes, it's really just like stopping or turning on snow. You're going to slide."

As a result, people must drive to the conditions and take into account that with wet leaves they are not going to have the same traction as normal and they won't be able to brake or accelerate as quickly.

And as the season moves from fall into winter, drivers are going to have to make more changes to the way they drive.

Berk Dietrich, a regional trainer for the Hamilton, Ont., area with Young Drivers of Canada, says that drivers must change their normal driving routines.

As the snow starts to fall, you are going to have to make changes to your regular driving routines. THE ASSOCIATED PRESS FILE

"It starts before you get out to the car," he said, noting that people have a tendency to leave every day at the same time every day.

With the wrinkles winter throws our way, including frost, snow and ice, people need to allow for extra time to get a vehicle ready to hit the road. This includes doing a thorough job of removing ice and snow from the vehicle — and not just from the front windshield.

"You need to remove as much snow and ice from the vehicle as you can and you need to have time to do that," says Dietrich.

During the winter months, people will also need to check their tire pressure more frequently as it will drop because of the cold temperature.

The most important things to remember during the winter are to allow for more space between vehicles, slow down and drive to the conditions.

Getting out of a skid

- If you find yourselves skidding in the winter, the key thing is not to panic. Do not brake, instead, steer your vehicle in the direction where you want to go and shift into neutral or push the clutch in.

— Source: Canadian Centre for Occupational Health and Safety

ALL WORK GUARANTEED
HIGH TECH automotive

- Complete Auto Servicing
- Fuel Injection Service
- Computerized Engine Control
- Brakes & Steering
- Starters & Alternators
- Batteries
- Air Cond Service & Retro-Fitting

4-WHEEL BRAKE SERVICE
WE USE QUALITY PARTS!
- Install new disc pads or shoes
- Install new totors or drums
- Inspect calipers, wheel cylinders, brake hoses, master cylinder and hydraulic system and install as needed.

10% OFF ALL BRAKE PARTS
Present this coupon when dropping off vehicle to receive your discount.

AUTOMATIC TRANSMISSION SERVICE
WE USE QUALITY PARTS!
- Includes fluid replacement
- Change filter.
- New pan gasket.
- Clean transmission pan.

For most applications. Front wheel drive slightly higher.

15% OFF TOTAL TRANS SERVICE!
Present this coupon when dropping off vehicle to receive your discount.

SUSPENSION AND STEERING SAFETY SYSTEM CHECK
WE USE QUALITY PARTS!
Steering and Suspension components wear out. So don't mess around with your safety. Let us inspect your vehicle and set your mind at ease.
For most applications.
FREE INSPECTION!
10% OFF All Steering and Suspension Parts!
Present this coupon when dropping off vehicle to receive your discount.

LUBE, OIL & FILTER CHANGE
WE USE QUALITY PARTS!
- Based on 10W30 and 5W30 oil of up to five litres.
- 15-point safety inspection
- Semi synthetic and synthetic oil not included.
- Diesel vehicles not included.

SPECIAL SAVINGS $49.99 plus taxes
Present this coupon when dropping off vehicle to receive your discount.

HIGH TECH automotive
306-546-3730
927 Winnipeg St.
(1/2 Block South of Ross Ave)

The right battery product for the right price!

CrossCountry ODYSSEY Deka YUASA SHORAI DURACELL

WE ALSO CARRY
- Sealed ATV Motorcycle
- New Lithium ATV/ Moto
- Odyssey & YUASA Powersports
- East Penn Deka Moto
- Sealed & Wet Acid Watercraft
- Chargers for Moto/car
- Electric Bike
- 4, 6, & 12 Volt SLA/Gel
- APC/RBC Replacement
- UPS
- Power/Wheelchair
- NICD, NIMH & Lithium Cells
- Duracell Alkaline
- Roomba Batteries
- Medical SLA/GEL
- Automotive & Industrial
- Drill Packs
- Inverters

Sask Battery Distributors
1444 - A Lorne Street
Ph 306.791.9844 or Toll Free 855.791.9844
SASKBATTERY.COM
ACCREDITED BUSINESS

Don't tread lightly

Safety. Make sure you have proper tires to navigate through our rugged winters

JASON MENARD
For Metro

Ensure you have four winter tires for your vehicle during the winter driving season. ISTOCKPHOTO/THINKSTOCK

While all-season tires may bear a name that promises year-round performance, industry experts say that to maximize your ability to navigate our rugged Canadian winters, specialized snow/ice/winter tires are the only way to go.

"The idea that all-season tires are as effective as winter tires is a dangerous misconception," said Marc Brazeau, president, Automotive Industries Association of Canada. "The design and durability of winter tires improves performance and enhances safety in a variety of road conditions.

"They're the one and only choice for winter driving."

And while some may choose to only put snow tires on either the front or the back, Maryse Durette, the senior adviser of media relations for Transport Canada, explained doing this may compromise your winter-weather driving ability.

"Mixing tires with different tread patterns, internal construction, and size degrades the stability of the vehicle and should be avoided," Durette said. "To help maintain control and stability of your vehicle in icy conditions, Transport Canada and the Rubber Association of Canada recommend that you install winter tires in sets of four."

Snow tires aren't just made for the snow, Brazeau added. There are those who use minimal accumulations of snow as justification for not using winter tires. That's just not the case. The AIAC explained that rubber in an all-season tire starts to lose elasticity and harden at temperatures around 7 C, which greatly reduces grip. Winter tires only do so at around –40 C. Regardless of how much snow a region gets, the AIAC suggests that winter tires are needed in all communities with winter temperatures below 7 C to ensure safe grip and appropriate elasticity.

"Winter weather is hard on your vehicle and its engine," Durette added. "Prepare for winter in the fall by getting a complete check-up of your battery, ignition system, lights, brakes, tires, exhaust and heating and cooling systems, and windshield wipers."

But no matter what tires you have, they can only do so much to protect you from the environment. The adage, "when you see snow; go slow," applies. But so, too, does common sense.

"The safest strategy is to avoid driving in bad weather conditions," Durette said.

"If you must drive, check weather and travel conditions before heading out. Give yourself extra time for travel, and — if the weather is bad — wait for conditions to improve."

Maintain control

"Mixing tires with different tread patterns, internal construction, and size degrades the stability of the vehicle and should be avoided. To help maintain control and stability of your vehicle in icy conditions, Transport Canada and the Rubber Association of Canada recommend that you install winter tires in sets of four."

Maryse Durette, the senior adviser of media relations for Transport Canada

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro. News worth sharing.

TREAD QUARTERS
Tire Dealers of Canada
North Albert TreadQuarters
231 Albert Street
Regina, SK
Phone: (306) 543-1991
Fax: (306) 924-0222
Tow Truck: (306) 543-2332
HANKOOK PIRELLI YOKOHAMA
northalbertaauto.tire@gmail.com
www.treadquarters.ca

SPECIALIZING IN FOREIGN AUTOMOBILES
BERGEN'S
Autobody & Collision Service
SGI ACCREDITED
80 YEARS EXPERIENCE
Serving Regina for Over 30 Years
I-CAR GOLD CLASS
- Courtesy Cars
- Lifetime Warranty On All Repairs
- All Manufacturers Warranties Approved
- Glass Installation
- Kanas Frame Straightener
- Fiberglass & Plastic Moulding Work
ABAR AUTO BODY ASSOCIATION OF REGINA

CUSTOMER SATISFACTION MEANS QUALITY AT BERGEN'S
FREE ESTIMATES FAX 306-352-9956
We Will Pay For Your Tow If You Live Out of Town
306-352.9500
2206 1st AVE.
(2 BLOCKS EAST OF CANADIAN TIRE)
PAYMENT PLANS ON SGI CLAIMS AVAILABLE
WE HONOUR ALL INSURANCE CLAIMS INCLUDING OUT OF PROVINCE
Given the Thumbs up by TRUSTED Regina.com

Riders quarterback Darian Durant, left, and slotback Weston Dressler celebrate a second-half touchdown on Sunday at Mosaic Stadium. LIAM RICHARDS/THE CANADIAN PRESS

Riders make good on stopping Cornish

CFL. Saskatchewan defence keeps top-rushing Stampeder in check to claim victory

Sunday's game

Roughriders	Stampeders
30	25

Joe Lobendahn may have saved somebody's job.

The Saskatchewan Roughriders' middle linebacker made five defensive tackles and a game-changing interception for the Saskatchewan Roughriders in a 30-25 win Sunday over the Calgary Stampeders.

He was also a key cog in a defensive scheme that held Calgary tailback Jon Cornish, the CFL's leading rusher, to 67 yards rushing as Saskatchewan (6-6) ended a four-game winning streak for second-place Calgary (7-5).

Roughriders head coach Corey Chamblin pledged earlier in the week to make personnel changes if Cornish ran for over 100 yards against Saskatchewan.

"Joe is one of the guys that if you were in a dark alley and you saw Joe you'd better run," said Chamblin. "He's tough. Joe is a tough-minded individual. You could see it in his eyes every day that all he wants to do is win.

"He was pissed because there was one where Cornish ran through the gap and he missed him and I could see it in his eyes that he was pissed."

But Lobendahn never lost focus.

With the game tied 13-13 in the third quarter, the five-year CFL veteran picked off Calgary quarterback Kevin Glenn on a short pass over the middle and returned the ball 16 yards deep into Stamps territory.

The play seemed to energize his teammates and helped set up a TD pass two plays later from Darian Durant to Weston Dressler. Saskatchewan never trailed from that point on.

"I want to be there making the play," said Lobendahn, who was released by Calgary out of training camp in June. "Sometimes I try to do too much ... but the thing is I've got to be patient. The play will come, and when it does, I've got to make the play."

The Stampeders (7-5) responded with a pair of two-and-outs. The second one led to another Roughriders score.

Tristan Jackson returned Rob Maver's punt 33 yards before Durant connected with Taj Smith on a 30-yard TD pass to put Saskatchewan up 27-13.

Calgary made it 27-25 in the fourth, scoring a field goal, touchdown, two-point conversion and a kickoff single, but turned the ball over on downs with barely a minute to play. Riders kicker Sandro DeAngelis capped a perfect day with his third field goal of the game from 37 yards.

Durant completed 22-of-35 passes for 264 yards in the game.

"We just have to take advantage of the opportunities that they give us in the pass game," said Durant, who returned after missing most of the last two games with a hip injury.

THE CANADIAN PRESS

Mobile sports

Qriket

Manny Pacquiao has made another concession in offering to take less money and relent top-billing in order to entice Floyd Mayweather Jr. into the ring, yet boxing's long-awaited super-fight is still far from a sure thing.

Trent Guy evades a tackle from Toronto's Ricky Foley to score a touchdown during the first half in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

CFL. Alouettes roll past Ray-less Argonauts

Victor Anderson and Trent Guy each scored two touchdowns as the Montreal Alouettes tightened their grip on first place in the East Division on Sunday with a 31-10 win over the Toronto Argonauts, who lost quarterback Ricky Ray to injury.

Montreal (8-4), with its sixth win in seven games, moved four points clear of second-place Toronto (6-6).

Ray left late in the opening quarter after he collided with a teammate while completing a pass to Jeff Johnson. There was no immediate word on his condition.

THE CANADIAN PRESS

WHL

Pats go winless to open season

The Regina Pats took two losses in their first two games of the season — both to the Brandon Wheat Kings.

The Wheat Kings scored a pair of powerplay goals on the way to a tight 3-2 win Friday night in Brandon, while Saturday saw Regina take a different route to the same result. Despite heading into the second frame with a 2-1 lead, the Wheat Kings scored four goals in the second period, completing a 7-4 win. The next test for the Pats comes on the road Wednesday in Swift Current.

METRO

Local sports

Rams run over Huskies, while Thunder still looking for win

The University of Regina Rams got the best of their provincial rivals, the University of Saskatchewan Huskies on Friday at Griffiths Stadium winning 35-26. The Rams took the game thanks in large part to Kolten Solomon, who scored three touchdowns in as many quarters. The Rams now sit at 3-1 on the season.

In CJFL action, the Regina Thunder did not fair so well, dropping their game against the Saskatoon Hilltops on Saturday at Mosaic Stadium, 42-17. The Thunder have lost both games this season against the Hilltops and are 3-3 on season.

METRO

NFL

Chiefs boot Saints to another loss

Ryan Succop kicked six field goals, one to force overtime in the final seconds and another from 31 yards to lift Kansas City to its first win and keep New Orleans winless.

Succop's 43-yard field goal with three seconds left completed a methodical 27-24 comeback win by the Chiefs (1-2) after the Saints (0-3) had cashed in on a pair of Chiefs turnovers to go ahead 24-6 in the third quarter.

Kansas City needed only one touchdown to win, a 91-yard run by Jamaal Charles, who finished with 233 yards rushing and 55 yards receiving.

Drew Brees passed for 240 yards and three TDs, but missed all six passes through the fourth and overtime.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Keep things simple this week because if you lose focus you will get confused and make it easy for your rivals to get the better of you – and no way should they ever be better than you.

♉ Taurus
April 21 - May 21
Ever had the feeling that you are repeating yourself? If you get it today you must stand back from what you are doing and try to remember when and where it occurred before. It could save you money.

♊ Gemini
May 22 - June 21
Think carefully about what you are about to do and don't do it unless you are absolutely sure it is right and proper. The planets indicate you won't lose out by being a bit more cautious than usual.

♋ Cancer
June 22 - July 23
The most important thing now is that you are clear in your own mind about your feelings and motivations. Time spent thinking will not be time lost. On the contrary, it's an investment in your future success.

♌ Leo
July 24 - Aug. 23
It would be wise to compromise with loved ones and colleagues today, even if you honestly believe that you are right and they are wrong. They have the power to make life uncomfortable for you if they so choose.

♍ Virgo
Aug. 24 - Sept. 23
You have important things to do and you cannot afford to waste time on small talk or idle chatter. You may have to be blunt, even rude, with people who seem unable to raise their sights as high as your own.

♎ Libra
Sept. 24 - Oct. 23
You are the most important person in your life and must always put yourself first. That might sound selfish but until you take care of your own needs and desires you won't be able to take care of others.

♏ Scorpio
Oct. 24 - Nov. 22
What you learn today will in some small but important way change how you look at the world. Just because different people have different ways of seeing does not mean that one is right and one is wrong.

♐ Sagittarius
Nov. 23 - Dec. 21
Make peace with rivals and enemies. You have more important things to do with your time than waste it on petty feuds. The good news? Someone you meet on your travels could turn out to be your new best friend.

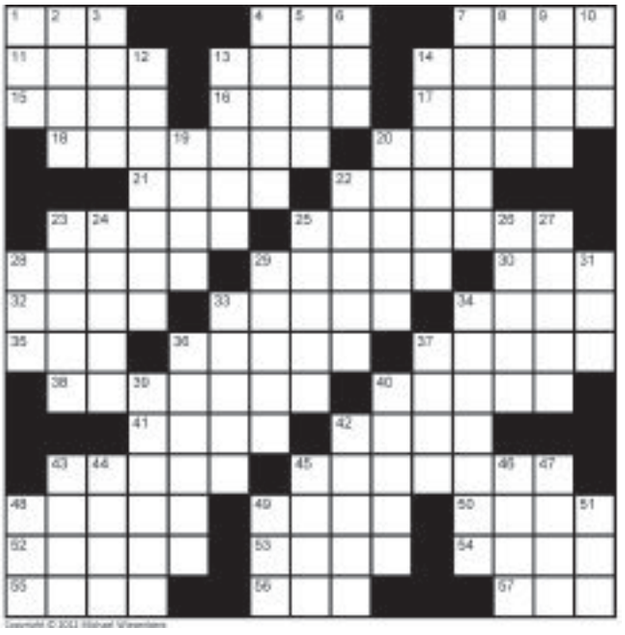
♑ Capricorn
Dec. 22 - Jan. 20
Stop complaining that things never go right for you and take charge of your own destiny. If you look for the pattern behind your existence you will find it, and once you have found it you will find happiness too.

♒ Aquarius
Jan. 21 - Feb. 19
You need to be a bit more active and assertive. You can, if you wish, sit back and let life come to you but at some point in the future you will look back and wish you had been more ambitious.

♓ Pisces
Feb. 20 - March 20
Someone you usually get along with will say something critical today and if you are smart you will act on their comments. When a true friend gives you a warning you should take it as a wake-up call. **SALLY BROMPTON**

Mishmash

BY MICHAEL WIESENBERG



Across
1. 747, 767, or 777
4. Cut grass
7. Dart here and there
11. Affirm confidently
13. ___ Scotia
14. Greek Mediterranean island that was the centre of the Minoan civilization
15. ___ noire: frightful thing
16. Couturier ___ Saint Laurent
17. Excessive hurry
18. Third-largest municipality in 25-Across (2 wds.)
20. He-man's antithesis
21. "Blueberry Hill" singer ___ Domino
22. Animals, to hunters
23. One-armed bandits, for short
25. Canada's first province, alphabetically
28. Cognizant of one's surroundings
29. Battle wounds
30. Big ___: large truck
32. "My name is ___, James ..."
33. Odin's mythology
34. Equine female
35. Before: poetic
36. Steams up
37. DSL need
38. 25-Across's northern member of the CFL
40. Bathroom floor worker
41. Wedding day exchanges (2 wds.)
42. "The Seven Deadly ___"
43. Toy bear named for a US president
45. Vancouver CFL team (2 wds)
48. "En ___!": fencer's alert
49. Apple covering
50. Tidy
52. Foreigner
53. Broadway award
54. Big truck
55. A person's equal
56. Tidbit for an aardvark
57. Bear's hibernation spot

Down
1. Boxing blow
2. Any time
3. Head: Fr.
4. Relocates
5. Done
6. Existed
7. The longest river in BC
8. Not more
9. Teeny
10. Golf stand
12. Sundance Film Festival founder Robert
13. Kremlin denials
14. Musical bells
19. Go out with
20. Bladed weapon
22. Drinking vessel
23. Said "#@$&!!"
24. Country roads
25. 43,560-square-foot units
26. Occupation
27. Broadcaster
28. "Honest ___": President Lincoln
29. Individual performances at a concert
31. Amethyst or tourmaline
33. Leonard ___: Star Trek's Spock portrayer
34. Beer that had the "I Am Canadian" ad campaign
36. Word after debt or guilt meaning "overwhelmed by"
37. BMW subcompact model taken over from Rover in 2000
39. Margot ___: Yellowknife-born Lois Lane portrayer in four Superman movies
40. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
42. A bloodhound follows one
43. Dickens' A ___ of Two Cities
44. Great Lake
45. ___ the lookout for: watch for (2 wds.)
46. Require
47. Identical
48. "Mind the ___": London Underground warning
49. School fund-raising grp.
51. Frontier badge material

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			9					
6		3		2	4			5
	9	4	7					
						3	6	
4		2				8		9
	7	1						
					5	7	9	
8			3	6		2		1
					2			4

Friday's Sudoku

Sharability

easy — hard

CAPITAL AUTO MALL

SAVE BIG BUCKS ON TRUCKS

NEW 2012 GMC YUKON SLT 4X4

STK#:
LOADED, HEATED LEATHER, POWER LIFT GATE, SUNROOF, 20" WHEELS

MSRP $69,950

NOW ONLY $58,470 OR $209 /WEEK

NEW 2012 GMC SIERRA EXT CAB 4X4

STK#:
TOW PACKAGE, BLUETOOTH, CHROME PKG, XM RADIO

NOW ONLY $27,919 OR $104 /WEEK

NEW 2012 GMC SIERRA CREW CAB

STK#:
RIVIERA PACKAGE, CHROME APPEARANCE PACKAGE, TOW PACKAGE, ONSTAR

NOW ONLY $23,998 OR $91 /WEEK

NEW 2012 GMC TERRAIN SLE

STK#:
REAR CAMERA, BLUETOOTH, ONSTAR, XM RADIO, REMOTE START

NOW ONLY $24,998 OR $89 /WEEK

NEW 2012 GMC TERRAIN SLE-2

STK#:
AWD, 18" WHEELS, HEATED SEATS, REMOTE START

NOW ONLY $32,816 OR $105 /WEEK

NEW 2012 GMC SIERRA CREW CAB 4X4

STK#:
HEATED LEATHER, CHROME 18" WHEELS, CHROME PACKAGE, XM RADIO, BLUETOOTH, ONSTAR

NOW ONLY $31,548 OR $117 /WEEK

NEW 2012 BUICK ENCLAVE CXL AWD

STK#:
BOSE AUDIO, REAR CAMERA, BLUETOOTH, POWER LIFT GATE, XM RADIO, SUNSCAPE SUNROOF

MSRP $56,865 0% FINANCING AVAILABLE FOR 60 MONTHS

NOW ONLY $46,807 OR $169 /WEEK

0% Financing for 72 months or 0.99% financing for 84 months available on New Sierra 1500's

0% Financing for 84 months available on New Terrains

$1000 GM LOYALTY AVAILABLE

*ALL NEW VEHICLE PRICES/PAYMENTS INCLUDE ALL GM OF CANADA APPLICABLE PROGRAMS AND ARE PLUS FREIGHT AND TAXES. SEE DEALER FOR DETAILS.

NO CREDIT APPLICATION REFUSED

CALL BRITTANY AT 525-5211 TODAY AND GET APPROVED!

4020 Rochdale Blvd.
www.CapitalGMC.ca

CAPITAL BUICK • CADILLAC • GMC

PH: 525-5211
1-800-240-5211